



Today is **Mental Health Action Day**! This is the day to take action on your own mental health, as well as supporting those you **love**. From taking a yoga class to reaching out to a friend, taking action on mental health can be **easy**. **If you don't know where to start, check out MentalHealthThisHealth.us** a new resource designed to help those just getting started on their mental health journey. Join **SGA Health & Wellness** in spreading the word using **#MentalHealthAction** and **help Middlebury move from a culture of awareness to action**. Whether you **take that first action for yourself**, for your loved ones, or for your **community** - together we can move the needle on our **collective wellbeing**.

On Campus & Remote Events:

☐ Pick Up Coping Cards @ Dining Halls & Lib

- ☐ Coping cards allow us to prepare for this by writing down helpful coping statements ahead of time, so that we can read through these statements when we feel upset and would otherwise find it difficult to access helpful thoughts and ways of viewing situations. By including reminders about other helpful coping strategies on some of your cards, coping cards can also be used as prompts for engaging in additional coping strategies to further manage distress.
- ☐ By personally developing or selecting our own cards, we are choosing to convey these messages to ourselves, which can often be more effective than hearing them from others.¹

☐ Pick Up Stress Less Bingo @ Dining Halls & Lib

- ☐ Stress Less Bingo is a checklist game made up of action items to better your mental health!

¹ <https://www.philacounseling.com/blog-philadelphia-counselor/coping-cards>

❑ **Uplift Foundational Movement @ 4:30 PM - 5:15 PM, Zoom**

- ❑ Uplift, a new student organization on campus, is hosting a back-to-basics introductory workout class where basic, functional movements will be covered and connected to a great workout via Zoom! ALL are welcome :)

<https://middlebury.zoom.us/j/99328219358?pwd=VGZSOWJVbmNnaVBzOVRhbytTeHpzZz09> (pw: 290010)

❑ **Active Minds @ 5:00 PM - 5:30 PM, Zoom**

- ❑ Join Active Minds for a student-to-student support group session via Zoom!

<https://middlebury.zoom.us/j/5452658753?pwd=VTFUdklDQik5VVZjNS9wL0JSY0RkZz09>

❑ **YouPower Wellness Ride @ 5:15 PM - 6:05 PM, Ridgeline Lot**

- ❑ Spin it out with a mental health action themed ride outside in the Ridgeline parking lot!

❑ **Peaceful Yoga @ 5:00 PM - 6:00 PM, outside Bi-hall near black sculpture**

****in person session is weather dependent, zoom link below if yucky outside****

- ❑ Center yourself with a calming yoga session right outside Bi-Hall near the black sculpture! Or via Zoom link below if weather isn't great (pw:yogaclub):

<https://us04web.zoom.us/j/76974651607?pwd=OHJhajErNVJjSjd2OVVQMXd1aU9HZz09#success>

❑ **Self Massage Workshop @ 5:30 PM - 6:30 PM, Axinn 220 & via Zoom**

****please register at go/guidedselfmassage to save a spot or get zoom link****

only 10 seats for in person!

- ❑ Enjoy a calming space and learn self-massage techniques with Melissa Bartley, Licensed Massage Therapist and yoga instructor. Join the class in person or from the comfort of your own space. Show some love for your body and join in!